



thursday, september 5, 2013

# the collegian

INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

VOL. 119 NO. 8

Tomorrow:  
High: 94 °F  
Low: 67 °FSaturday:  
High: 96 °F  
Low: 70 °F

3 Is the targeting rule too faulty, subjective?



4 Read what Marvel has that DC doesn't

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Family pride  
The Fourum gets defensive about the football team today

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Running a new race  
Check out the cross country team's prep for the 2013 season

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Oh soy  
Karen Ingram does some digging on soy, and how it's good, and maybe bad

## Honors House provides new living space



Emily DeShazer | The Collegian

Justin Kastner, interim director of the honors program, calls on a student in his introductory class to the university's honors program Wednesday morning. The class was held at the new Honors House on 1930 College Heights, additionally a home to 55 honor students.

**Jeana Lawrence**  
co-news editor

A partnership with the Honors program has opened up a brand new housing option for honor students. Last fall, Housing and Dining Services bought the former Kappa Sigma house and began construction to create a new honors house. "It was a unique opportunity to partner with an academic partner," said Andy Thompson, residence life coordinator for Marlatt and the Honors House.

The aptly named Honors House, which currently houses 55 honor students, is just like any other dorm except for its smaller size and about a minute walk from campus. Another noticeable difference is that Honors House students receive free parking and laundry. So far, only honor students are allowed to live in Honors House, but they are allowed to invite non-honor students as roommates, space permitting.

"I took a leap of faith when I decided to live here," said Anthony Fink, freshman in hospitality and management. Fink said he heard about

the house through a friend and was encouraged to apply to be an honor student so that he could live there.

"We're like one big family here," Fink said. "I came from a small high school so I like how small it is. I like knowing all the people here instead of knowing only a couple, like in a bigger dorm."

**"I know it's a negative stereotype but in the dorms, you'll run into people who aren't here for an education but the parties."**

house are freshmen, but Thompson said there is a good mix of students from a variety of majors, creating a nice balance. He also sees no problem with having a house that's located a bit further from campus than the traditional dorms.

"The location is good. It's half a block from Lafene, and there's the

dents in the honor program," Kastner said. "We want to help our students grow in their career and life development."

The Honors House is not the only special housing available to a specific group of students. The Smurthwaite House is also associated with Housing and Dining Services. However, the two houses differ on one aspect, according to Thompson. While Smurthwaite does have some focus on grades and studying, Smurthwaite is mainly service project driven while Honors House has no such requirements.

"They're both small and unique ways to offer more opportunities for a specific population," Thompson said.

Both houses also have their own unique atmospheres based on the students they house. For Filip Garner-Lonsky, freshman in mathematics, the atmosphere of Honors House is what attracted him the most.

"I know it's a negative stereotype, but in the other dorms you'll run into people who aren't here for an education but the parties," Garner-Lonsky said. "I like being in a house where they're a lot more respectful and are here for an education."

SAFE | pg. 5

## National, Int'l news briefs for Sept. 5

Obama wins Senate vote on pursuing action in Syria

President Barack Obama stated Wednesday that the United States has conclusive evidence of the use of chemical weapons in Syria. His legislation regarding "decisive changes to the present military balance of power" in Syria was passed in the Senate by a 10-7 vote.

According to CNN, a full White House report on the chemical weapons investigation does not fully divulge the sources of evidence, but the United States now places "high confidence" in Syria's alleged use of chemical weapons, the most assertive position America can take except for confirmation.

On Tuesday, U.S. Secretary of State John Kerry contradicted Syrian president Bashar al-Assad's claim that renegades were responsible for any chemical attack in Syria. Kerry said that this most recent declassified White House report contains conclusive evidence of planned chemical strikes, though al-Assad retains his position that no governmental attack was authorized.

The White House report included a map of areas struck by chemical weapons in Syria in late August. The dates in which these attacks occurred line up with satellite detections of "attacks from a regime-controlled area," according to the report. More than half of the chemical weapon strikes occurred in areas that are opposed to the Syrian regime.

Rising tensions in the debate on Syrian action has caused the United Nations to investigate, and world leaders are asked to hold off on any immediate action until the results of the U.N. probe are gathered.

**Convicted kidnapper, murderer Ariel Castro found dead in cell Tuesday**

Ariel Castro, now-nationally known criminal responsible for the kidnapping and decade-long hostage of three young women, committed suicide Tuesday in Correctional Reception Center in Orient, Ohio.

One month into his life plus 1000 years sentencing, Castro hung himself with a bed sheet in his prison cell. According to CNN, Castro was not on any form of suicide watch and behaving normally until his body was found Tuesday night. Castro was pronounced dead at the Ohio State University Wexner Medical Center, after attempts to revive him failed.

The three women Castro held imprisoned in his home, Amanda Berry, Georgina DeJesus and Michelle Knight, will not be making a statement.

## Speaker hosts interactive, engaging activity on Articles of Confederation

**Jeana Lawrence**  
co-news editor

Students and members of the public got the chance to relive the birth of the American nation during an interactive lecture by Jeff Jackson, professor of law at Washburn University, that included a unique game on Wednesday night in the K-State Student Union.

Jackson said his inspiration for the game came from his desire to have students learn what it was like to form the Articles of Confederation.

"Learning is better when it's interactive," Jackson said. "It's better than me telling you that nation-building is hard."

Each person was given a state to represent and list of incentives, or various things their state would want in a government. Players received negative points if the policy debates were not decided in their favor. In the end, the states had to come together and agree on the terms of their new government and decide whether or not to join.

Jackson said Wednesday night's run-through was one of the best simulations he had seen. Every state managed to end with positive points and only Pennsylvania decided to abstain from the federal government and become their own nation. The best simulation he had ever seen occurred in the Soviet Republic of Georgia and took at least seven hours to complete. K-State's game only lasted for one hour, with the states debating and compromising until an agreement was reached.

"In the end, it wasn't a perfect compromise," said Kerrick Kuder, freshman in political science. "Each state won some and lost some. Everyone had to give and take."

Kuder, who represented Virginia, managed to receive 80 points. New York won the game with 95 points. Pennsylvania, who refused to join the new nation, had only amassed 10 points by the game's end.

Melissa Prescott, an instructor in the Center for International and Multilingual Advocacy, represented Maryland and struggled with Virginia and New York on several compromises. In the end, Maryland received 25 points.

"It was frustrating sometimes," Prescott said. "You have to get what your state wants even if the other states don't have the same interests. Unfortunately, Maryland is pretty moderate and we didn't have much bargaining chips."

The issues the "states" debated at the lecture were some of the main issues the founding fathers faced when they wrote the Articles of Confederation. Jackson had to research each state's motives and then assign a point system. These issues included the number and division of legislative houses, whether slaves were counted when tallying a state's population, taxation, land rights, commerce laws and supremacy.

The simulation participants finally agreed that their government would have two equal houses.

**JACKSON | pg. 5**

Chandler Riley | Collegian

Jeffrey D. Jackson, professor of law at Washburn University School of Law, observes the participants in his lecture, "Forming the American Constitution: A Nation Building Game" as part of the Dorothy Thompson Lecture Series Wednesday evening in K-State Student Union room 227.



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54 Middling grade

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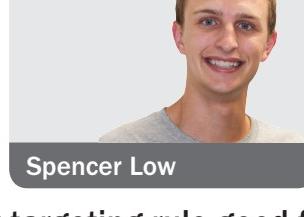
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# HEAD2HEAD



Sean Frye



Spencer Low

## NCAA's targeting rule too judgmental, should not lead to immediate game ejection

One of the new rules in college football surrounds the targeting rule. According to the NCAA, it is now illegal for a player to either, "target and initiate contact versus opponent with the crown of his helmet," or "target and initiate contact to the head or neck area of a defenseless opponent."

The rule is designed to make football safer for its college athletes, which it certainly will. What's different about the 2013 rule, however, is that any player penalized for targeting is ejected for the rest of the game and could be suspended for the first half of their team's next game should the penalty occur in the second half.

In order to combat ejections that were possibly made in error by the officials on the field, officials in the replay booth have the power to override an ejection.

Nevertheless, in my opinion an ejection and possible one-half suspension is too strict a punishment for a penalty that is primarily a judgment call of the officials and not a black-and-white issue.

In Week 1, there were seven players at the FBS level flagged for targeting. Four of them were ejected while three had the calls overturned by replay officials. Players from Texas A&M, Oregon, California, Tulane, Colorado State UAB and Indiana State were each flagged.

One of the most interesting targeting calls went against UAB junior tight end Kennard Backman, who was flagged while blocking a safety on offense. Most targeting penalties are committed by a defensive player.

Backman's ejection was later overturned.

One of the most interesting caveats of this rule is that coaches can challenge the ejection through the use of instant replay review. Basically, if a replay official overrules the ejection, he or she is basically saying that there was no targeting committed.

However, the penalty still stands despite the ejection being overturned. That's a blatant contradiction between officials, and teams shouldn't be punished for penalties that, according to any official either on the field or in the replay booth, didn't occur.

Judgment calls themselves, such as whether or not a player is defenseless, are also

penalties that shouldn't lead to ejections. Because it is subjective to the individual referee to decide whether or not a player targeted a defenseless opponent, one player could commit an action in one game deemed targeting but someone else in a separate game could do the same without getting flagged.

That is simply too much inconsistency, especially when ejections and possible one-half suspensions are involved.

One of the more controversial ejections that was upheld by officials was levied against Oregon Ducks junior defensive back Terrance Mitchell. Mitchell was flagged for targeting after hitting Nicholls State junior quarterback Beaux Hebert, while he was sliding in the head. Quarterbacks in the motion of sliding are deemed to be defenseless.

But after looking at replays, the argument could be made that Mitchell began his tackling motion before Hebert began to slide. It was a bang-bang play and is even tough to tell from various replay angles.

Hebert was later diagnosed with a concussion resulting from Mitchell's tackle.

The rule is clear-cut that players cannot make helmet-to-helmet contact with opponents, and doing so results in a 15-yard personal foul penalty. But to have charged Mitchell with targeting in that instance may have been a little harsh, especially since the play was so close.

Maybe Mitchell did target the quarterback and his ejection was just. Or maybe he was trying to tackle low and as he leaned in, Hebert began to slide at the same time and the vicious hit was accidental. The fact that this question arises at all should be enough to prevent players from being ejected.

Targeting is already a statute upon which referees and other officials in charge of making and enforcing the rules in college football have a tough time agreeing on what constitutes a violation. To eject and possibly suspend a player for a rule that has so much gray area is too harsh and should be revisited next offseason.

Sean Frye is senior in journalism. Please send comments to sports@kstatecollegian.com



Michael Arellano | Daily Emerald

Oregon junior defensive back Terrance Mitchell was one of the four players ejected for targeting in Week 1.

## New targeting rule good for college football, makes game safer, causes no harm

In the last few years, concussions have become the hot-button issue in football at every level of the game, from Pop Warner to the NFL. The detrimental effects of concussions are unquestionable; they can end a playing career and derail a person's life.

The NCAA has enacted a new rule for this college football season that is designed to take one more step towards decreasing the amount of concussions. The rule gives a 15-yard penalty to the opposing team and requires the ejection of any player who targets an opponent.

At Big 12 Media Days on July 23, coordinator of Big 12 officials Walt Anderson shared his stance on the hits.

"It's those types of unnecessary hits to the head that are clearly avoidable that really create the biggest problem," Anderson said.

"Unnecessary" is the best word for these hits. How will the game of football become worse by eliminating hits that do not occur at a high frequency and cause far more harm than good?

Nonetheless, this rule is bound to be called out by many fans as further "wussification" of the great sport of American football. Don't get me wrong, I love to see big hits just as much as the next fan, but those who think that this is an unreasonable rule are completely disregarding the health of the same players they probably idolize.

This rule gives officials and the NCAA the teeth they need to enforce safety regarding defenseless players. A 15-yard penalty is simply not enough to completely deter these hits. No player wants to lose his team valuable yards, but ultimately defensive players are going to try to push the limits and see what hits they can get away with. One 15-yard penalty probably will not greatly affect the game.

But a suspension? That's a real deterrent. Forcing a player to vacate the playing field and be replaced by a backup, especially one not up to par, can seriously hurt the team and is a crushing blow for a player who has prepared all week to play that game. No one will want to risk being kicked out of a game and draw the ire of their coach, teammates and fans just to give an op-

posing player a big hit. The biggest knock on this new rule will be the subjectiveness with which it will be called, which is really the issue with every penalty in football. Officials are not perfect. I often disagree with referees and have yelled plenty of things at them that would probably disappoint my parents, but they are paid to know more about these penalties than you or I. They are tasked with knowing these rules inside and out, and they no doubt understand any penalty that results in a player being ejected is one to be taken more seriously than most.

Referees will not call targeting lightly. They will call it on those players who are guilty, and this penalty will send the message that the NCAA is not messing around anymore. These hits can lead to serious problems down the road, so players need to avoid making them in games or face serious consequences now.

Additionally, any time that targeting is called it will be subject to a video review, which is the best form available to reduce the subjectiveness of the call. Referees can take another look at the play from many angles to ensure they made the right decision. And believe me when I say that referees want to make the right call more than you or I want them to.

Football is all about discipline, more so than big hits. The best coaches in the world are the ones who teach their players to play disciplined football and to put the team ahead of themselves. If a player cannot respect the safety of their opponents, they can at least respect that committing this penalty will hurt their team far more than it has in the past. Players need to be able to play with enough discipline and self-control to hit another player below the shoulder pads, which is where they are taught to do so in the first place.

This rule is designed to increase safety for players whose bodies are still developing and, in my opinion, it is absolutely a great move by Big 12 Commissioner Bob Bowlsby to show that the Big 12 cares about the players, not just the game.

Spencer Low is a senior in political science. Please send comments to sports@kstatecollegian.com

## This Week in K-State Sports

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO SCHEDULED EVENTS	K-STATE VOLLEYBALL INVITATIONAL: - K-State vs. SE Missouri St., noon @ Ahearn Field House - K-State vs. Southern Illinois, 2:30 p.m. @ Ahearn Field House	K-STATE VOLLEYBALL INVITATIONAL: - K-State vs. SE Missouri St., noon @ Ahearn Field House - K-State vs. Southern Illinois, 2:30 p.m. @ Ahearn Field House	FOOTBALL: - K-State vs. Louisiana-Lafayette, 5:30 p.m. VOLLEYBALL: - K-State vs. Siena, 1 p.m. @ Ahearn Field House CROSS COUNTRY: - WSU JK Gold Classic Duals @ Wichita				

## Cross-country preview: Smith optimistic with Trisch and Galvan healthy

Brandon Painter  
staff writer

At the conclusion of last season, cross-country head coach Michael Smith said, "If we keep [Laura] Galvan and [Martina] Tresch healthy, we are hoping to be competitive as a team. Our goal next season will be to make it to the NCAA Championships as a team."

This came on the heels of then-junior Galvan's record-breaking performance at the 2012 NCAA Championships where she beat the lead time previously set by Beverly Ramos of K-State during the 2008 season and won 45th overall.

"Both of those women are fit and healthy, and we are planning to race both of them this weekend at Wichita

State," Smith said in a statement on Tuesday. The race he is referring to, the JK Gold Classic Duals, is a race in which both the men's and women's programs placed fourth and second respectively last year. Senior Fernando Roman, who placed first overall for the men, is recovering from an injury and will not be running on Saturday. In fact, Smith said he thinks it will take a few more weeks of training before Roman is ready to be put back on the line.

Luckily, senior Ryan Hershner is returning to lead this year's youthful squad that features six freshmen including Brett and Jeff Bachman, twins from St. Joseph, Mo.

Galvan, who placed second overall for the women in last year's JK Gold, is also back and better than ever.

"This year, I'm pretty sure her con-

fidence level is quite a bit higher, and she has more experience because of what she went through last year. I think the adaptation to the level of competition is all behind her," Smith said. "She had a great summer of training and she has begun where she left off. She's in a great position to take off and fly to the moon."

The women's team as a whole was named the USTFCCCA All-American Team for the third straight season with an average GPA of 3.5 dating back to ten years ago. Junior Erika Schiller, of DeSoto, Kan., is only one of thirteen runners to hold a 4.0 GPA on the Academic All-Big 12 First Team. When asked about the focus of his team both on and off the trail, Smith said the determination and time management skills needed to succeed as a

cross-country athlete easily translate into the classroom.

"From a recruiting standpoint, we tend to attract people who already have pretty high standards for themselves academically," Smith said. "So when you get a group of people focused in one direction and you bring in newcomers...they have no choice, if they want to join the crowd, to follow."

So we believe, academically as well as physically, that you need to be all you can be."

After the Wildcats travel to Wichita, they head north for the Woody Greeno Invitational in Lincoln, Neb. on Sept. 21, where the men finished seventh last year and the women took home a solid bronze. Two weeks later, Smith and his crew head east to the land of mythical birds and waving wheat

where they'll compete at the Rim Rock Classic in Lawrence, Kan.

Rim Rock is the state course for Kansas high schools, so Smith said he pounced on the opportunity to allow the young bloods to run on a course that they are familiar with when Lawrence put the meet together last year.

"It's easily one of the most difficult and one of the most historic courses in the Midwest," Smith said. "Not to mention, it's the course that many of them grew up running on in their state championships. So family get to watch, and it's easier for folks to travel, and it should be highly competitive."

Although we have no "home race," per se, K-State is planning to host the Big 12 Championship in 2015 due to its recent escalating cross-country success.

## DC Superhero films fail to iconically rival Marvel



Brian Hampel

In recent years, superheroes have proven to be among the top dogs at the box office. Especially now that the Harry Potter and Lord of the Rings franchises have released their last installments, superheroes look poised to completely dominate the box office for years to come.

Though there are some original properties in the genre, like "The Incredibles" and "Hancock," most of the big hits are adaptations of existing heroes popularized by the "big two" comic publishers — DC Comics and Marvel Comics. Marvel Studios used to license its heroes through other studios, which is why Spider-Man and X-Men movies are still being made largely outside Marvel's creative control. But Marvel started producing its own movies with 2008's "Iron Man." Since then, Marvel's efforts have been met with critical and commercial success, peaking with the \$1.5 billion gross of "The Avengers" last year and continuing with the \$1.2 billion gross of "Iron Man 3" this year.

DC Comics, which licensed its heroes through Warner Brothers, has had a more difficult time putting their characters on film. Warner Brothers had huge success with the Dark Knight trilogy thanks to director Christopher Nolan, but no hero besides Batman has clicked with audiences in a similar way. "Superman Returns" and "Watchmen" were modestly successful, but "Green Lantern" and "Jonah Hex" failed to perform, and the less said about Halle Berry's "Catwoman" the better. This year's "Man of Steel" was successful enough to warrant a sequel, but even "Man of Steel" didn't set the world on fire like Warner Brothers might have hoped.

Nick Simon, senior in architecture, said the two studios' approaches to filmmaking differ in tone.

"DC seems to favor the dark, serious, realistic movies like 'The Dark Knight,'" Simon said. "But Marvel has focused on just being fun and enjoyable."

Looking at this summer's two big releases, one can clearly contrast the sarcastic humor of Tony Stark with the solemnity of Clark Kent.

It's not hard to see why DC is leaning toward the dark, either. Efforts like "Batman and Robin," which you may remember for Arnold Schwarzenegger's less-than-acclaimed performance as Mr. Freeze, and the light, wacky "Green

Lantern" have been punished by critics and the box office alike for straying from the formula. That said, it might not always befit DC heroes to stay dark and gritty.

"Man of Steel" took Superman, a quintessentially escapist character with powers beyond imagining, and made a grounded, human-scale movie around him. For a character who can fly, Superman had surprisingly little levity. He's rarely called Superman in the film, and even the classic blue-and-red suit is toned down to a more grayish color scheme. A sizable portion of the movie was a somber tale of Clark Kent's search for values and a lot of Jor-el talking about hope and inspiration, with somewhat less time devoted to the large-scale, city-destroying battles. Bob "Movie-Bob" Chipman, who creates movie review videos for "The Escapist," said, "as a total package, it all feels like they've purposefully crafted a Superman movie for people who never liked Superman."

While "Man of Steel" was certainly a successful movie with an impressive box office take, superhero lovers seemed to enjoy the fights with General Zod more than Superman's search for purpose.

"The Dark Knight" was civilized, but "Man of Steel" was willing to be comic-book-ish once in a while," said Tommy Campbell, Junction City resident.

Campbell added that the "Dark Knight" style may be shaky ground for any DC hero besides Batman. "Marvel heroes are usually ordinary people with powers, but DC is way more into gods," Campbell said. "For that, you have to be willing to be comic-book-ish."

Now that DC has announced a crossover movie with Superman and Batman, it seems likely that DC's long-term goal is a huge blockbuster starring their superhero team, the Justice League, to compete with Marvel's Avengers.

Kyle Sprow, former Manhattan resident, said he hopes DC might set up the universe the way Marvel did by, "using their movies as

vehicles to introduce Aquaman and Wonder Woman and the rest of the cast." Sprow said he liked "Man of Steel," since it covered the bases necessary for an origin story and showed us why Superman is the way he is and where he finds his moral barometer. Sprow said he hopes DC can venture into more escapism in the future now that the origin story is taken care of. One can't reasonably expect an Aquaman story to follow the same rules as a Batman story, after all.

If DC does try to bring the Justice League to the big screen, they'll have to learn a few lessons from the popcorn entertainment of Marvel.

DC unsuccessfully experimented with a fun, bombastic movie with

2011's Green Lantern, but DC



Courtesy Photo

should realize that it didn't fail because it was too light-hearted — it failed because it was terrible. Since that failed experiment, Batman's grimness and realism seem to be DC's idea of a superhero movie, but Batman is really the odd man out among the Justice League. The Flash's sense of humor, Superman's un-ironic optimism and the alien

strangeness of Martian Manhunter could come crashing down in a movie that treats every character the way Christopher Nolan treats Batman.

If DC and Warner Brothers learn a lesson from the "fun" parts of "Man of Steel" and figure out how to work with the rest of the characters in the DC Universe, the success of

a Justice League movie could well rival "The Avengers." If not, they may have worked themselves into a corner that will leave them with no choice but to keep rebooting Batman until the end of time.

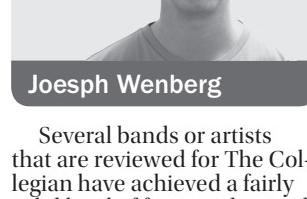
**Brian Hampel** is a senior in architecture. Please send comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com).

## New Nine Inch Nails album innovative



Courtesy Photo

## Local band album captures Kansas, can move mainstream



Joseph Wenberg

The track "Shadows" is an impeccable start to the album.

"City Steep," which was released as a single, is the track from the album most likely to hit the charts.

"Of Wolves and Wind" is my personal favorite — the sixth track of eleven on the album. The emotions of the song are evident in everything the song brings to the table.

Plus, varying tempos keep the listener interested and the vocals tie everything together in charming fashion.

Every song has a new story to tell and tells each story in a new light. The soft harmonies supporting the lead vocals,

the dynamic instrumentations and the strong structure of each track make the songs flow together smoothly,

no matter how similar or different each may sound.

The depth of each track is also astonishing — six people

doing multiple things all at once can have a tremendous effect on complexity. Each instrument provides a different and unique element, working together to create the perfect storm.

Quiet Corral brings together aspects of country, folk and rock and it all works together so beautifully. The next time you find yourself driving through the prairies and plains, this should be your soundtrack — no exceptions.

I find it hard to imagine a band more accurately portraying life in our state through lyrics and music. Simply put, "Ancestors" is Kansas.

There is not a single doubt in my mind that Quiet Corral is the "next big thing" to come out of Kansas. Words cannot speak to the level of success that awaits these young men and it's difficult to find the words to justly describe how truly incredible this band sounds.

With that being said, "Ancestors" deserves five out of five stars and is a must-listen for anybody. This new band out of Kansas has much to offer the music industry.

**Joseph Wenberg** is a junior in mass communications. Please send comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com).

stays true to Reznor's roots, drawing on his past work to provide the rousing industrial rhythms, meditative patterns and occasional discordant noise Nine Inch Nails fans know and love. It's also interwoven with an unusual, but appropriate, upbeat temperament.

The album's flagship single, "Came Back Haunted," stands as one of its strongest points, climbing to heights of enthusiasm in the vein of "The Slip" and then periodically descending into a dark and vigorous sound reminiscent of "Closer," perhaps Nine Inch Nails' most popular song.

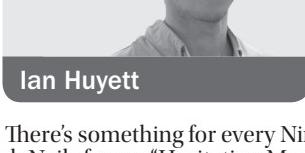
"Came Back Haunted" has stood

firmlly in the Top 100 since it first hit airwaves weeks ago, and could come to rival "Closer" as America's most familiar Nine Inch Nails track.

Yet, the single is closely matched by "Satellite," a not-so-subtle political track that draws on several of the more ominous numbers from "Ghosts" to ground the passion of "Year Zero."

"Yes we can / yes we did... what was that you said?" Reznor whispers over a swell of increasingly insidious guitar riffs. "Every word you say... I'm watching

HESITATION | pg. 5



There's something for every Nine Inch Nails fan on "Hesitation Marks," the latest masterpiece from frontman Trent Reznor.

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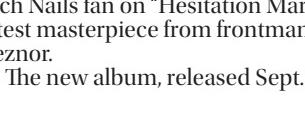
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# Soy provides health benefits, needs more testing



**Karen Sarita Ingram**

Despite eating healthier (and less) and exercising, lately my weight loss has plateaued. I considered going meatless for a while, but I had concerns about getting enough protein. So, I did some research to look over my options and the Internet started screaming at me about how bad for you soy is.

What?

Okay, there's good news and there's bad news that might not be so bad but we're not real sure. I'll explain.

The good news: If you're looking for healthier eating, you can't get much more bang for your buck than soy. One cup of cooked

soybeans has a whopping 22 grams of protein, eight grams of fiber and tons of vitamins while being low in fat and reasonable in calories.

Soy is also extremely versatile. You don't have to eat just beans or edamame. They've made soy into veggie burgers, faux milk, yogurt products and more. There's also, of course, classic Asian cuisine like tofu and soy sauce. Yep, if you've got a hankering for eats, chances are, there's a soy version of that. And a lot of it is actually pretty tasty.

So, what's the problem? Several things. Personally, I have misgivings about eating soy because it's getting to be impossible to find any that is not genetically modified. According to the U.S. Department of Agriculture, more than 90 percent of soybeans grown in the U.S. have had their genes tweaked by somebody in a lab. While I should be quick to point out that there is no evidence that GMOs are unhealthy for you to eat, I take issue with it on a moral level that I will not get into

right now, because the focus of this article will be on health.

As for health, in addition to all the vitamins and minerals, soybeans contain plant compounds called isoflavones that mimic estrogen, a hormone we all have in our bodies. According to a Nov. 3, 2009 article by Scientific American, some animal studies have suggested these isoflavones could possibly cause weird hormonal problems such as fertility issues, premature puberty and even developmental problems in fetuses.

Before you start freaking out, there are a few things to bear in mind. First of all, these studies are not conclusive. We don't know with absolute certainty that the isoflavones in soy cause any hormonal problems in humans. We just know that it's a "maybe" because it seems to cause problems in rats. Humans are not rats, so that's why it's a "maybe" and not a "yes" or a "no." In other words, we need more scientific testing to be done before we can get a solid answer on that.

What else should you know? According to some studies, long term use of soy could also cause thyroid problems. And yes, these included human studies.

The Mayo Clinic states on their website that soy could inhibit the body's ability to absorb drugs used to treat hypothyroidism, but that just waiting a few hours after taking your medication before eating something should do the trick. Conversely, a study published in March 2006 by the Department of Nutrition at Loma Linda University states that 14 different trials were conducted with groups of men, women, or both that found that, with only one exception, soy had little to no effect on thyroid function. In addition, Eating Well's January/February 2011 issue cites studies that show soy only affects your thyroid function if you are suffering from iodine deficiency, which is highly unlikely for your average American.

To make a long story short, unless your thyroid is really

screwed up to begin with, you probably have nothing to worry about.

If you have misgivings about soy, either because you're worried about your health or because you don't want to eat genetically modified food, there are other meatless alternatives out there that will help you get the protein and vitamins you need.

Lately, I've been really digging chick peas, also called garbanzo beans, which are used to make yummy foods such as hummus. Peanuts, oats, legumes, quinoa and pumpkin seeds are also good sources of protein. Just make sure you vary your sources of plant protein, because they are incomplete proteins, meaning they lack certain amino acids. Unless you're going completely vegan, though, you can also find complete protein in eggs and milk.

**Karen Sarita Ingram is a senior in English. Please send all comments to [edge@kstatecollegian.com](mailto:edge@kstatecollegian.com).**

## The Quad is alive with the sound of music



Jed Barker | Collegian

Having just met minutes before, Sarah Boatman (left), junior in theatre, and Sarah Whitmore (right), freshman in creative writing, strum out some tunes on the guitar while hanging out at the quad on Wednesday. Due to its friendly atmosphere and great community relations, K-State was again recognized by the Princeton Review as one of the nations best colleges for student life.



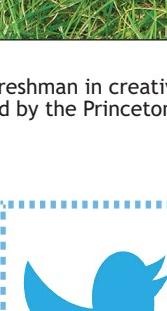
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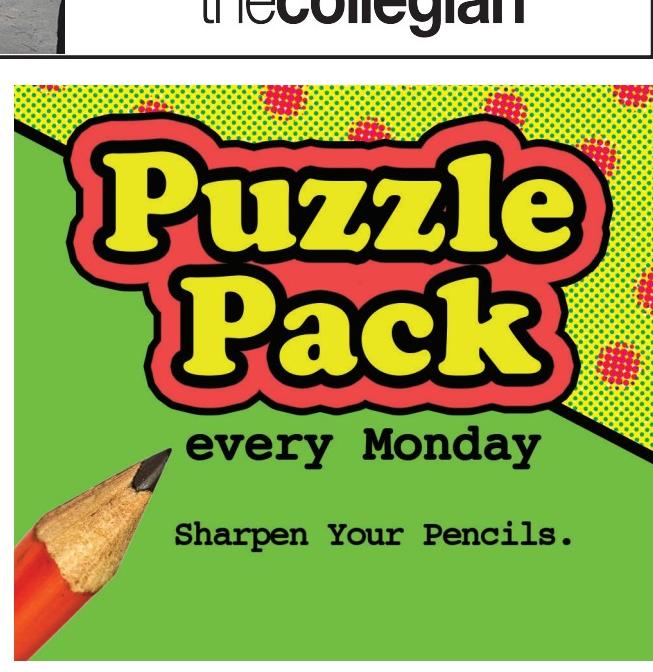
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